

DON'T BE A BYSTANDER



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Sgt. James Ransfer, a 2nd Brigade Combat Team medic, immobilizes a suspected fracture of the arm during Expert Field Medical Badge testing, Oct. 28, on Schofield Barracks.

EFMB testing challenges Pacific service members

Only 44 of 250 qualify

Story and photos by
STAFF SGT. TRAMEL GARRETT
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — “Medic!”
Countless wounded Soldiers have yelled out this word over the years, and it takes a highly skilled warrior to provide first aid and trauma care on the battlefield.
The 25th Infantry Division assessed those battlefield skills with Expert Field Medical Badge testing, Oct. 25-30.
This is one of the most challenging and stressful training evaluations in the U.S. Army, with a 19 percent pass rate.
“Last year was my first attempt,” Sgt. Joshua Knox said. “I just graduated out of advanced individual training, and I didn’t know what it was. It’s a very prestigious badge, and for some, it

takes four or five tries. The lanes were pretty challenging, and everyone in the medical field should try at least once.”
More than 250 Soldiers from throughout U.S. Army-Pacific accepted the challenge to acquire the badge, but only 44 succeeded. A no-go in any section of the testing results in a disqualification and numerous service members leaving empty-handed.
This training is open to all medical specialties, to include physician assistants, combat medics and radiologists.
“This was my second run at the EFMB. It’s not just about saving lives; you are upholding a

higher standard,” Sgt. Matthew Gelperin said.
The service members are tasked to complete numerous requirements, to include land navigation, communications, evacuation and cardiopulmonary resuscitation, to name a few. This ensures only well-rounded medical service members who can perform common tasks and basic medical care.
Soldiers are reminded to take their time to ensure everything is done correctly and to standard.
“You’re a little sleep deprived, but you have to remember your training. Attention to detail is vital during testing,” Gelperin said. “Slow is

smooth and smooth is fast. You hear that all the time, but it really holds true.”
The culminating event was a 12-mile ruck march. Soldiers had three hours to complete this with their standard fighting load.
“I feel outstanding since I completed the ruck march,” 1st Lt. Emmanuel Asamoah said. “I’ve learned so much, and I’m glad I went through it. The more you do it; the better you get.”
“This training highlighted what we do in the medical field,” Asamoah said. “Every medical Soldier should go for it. Try every year, if you have to. Even if you do get it, you learn so much.”



Weapon at the ready, Spc. Jullian Gaskin, Medical Command-Japan, prepares to enter a building during EFMB testing, Oct. 28.



1st Lt. Matthew Norcia, 25th Combat Aviation Brigade, low-crawls during EFMB testing. EFMB training is open to all medical specialists, including physician assistants, combat medics and radiologists.

Combat medics push themselves to earn prestigious badge

SGT. JON HEINRICH
8th Theater Sustainment Command Public Affairs
SCHOFIELD BARRACKS — Since 1945, Army medical professionals who demonstrate their ability to provide medical care while engaged in actual combat are able to earn the Combat Medical Badge.
Unfortunately, all Soldiers were not afforded the opportunity to receive this badge.
To extend the opportunity for those who did not see battle, the U.S. Army implemented the Expert Field Medical Badge in 1965 to recognize Soldiers for their outstanding medical capabilities under stressful conditions.
The testing for this badge is five days long with a three-day train-up period. The graded evaluations consist of a written exam, day and night land navigation, tactical combat casualty care tasks, medical and casualty evacuations, warrior skills and the 12-mile ruck march as the culmination event.
Although many candidates have made the attempt, less than 20 percent of the Army’s medical community has accomplished this prestigious achievement.
On Oct. 20-30, two of the six 8th Theater Sustainment Command candidates, Sgt. Gilbert Garcia, 561st Engineer Company, 84th Eng. Battalion,

130th Eng. Brigade, and Sgt. James Derosa, 8th Military Police Bde., earned the EFMB.
The candidates began the EFMB training by receiving a demonstration of how each event would be graded during testing week.
“The first week was focused on learning medical tasks that we already knew as medics, but were required to learn to the exact standard expected of the EFMB program,” Garcia said. “It taught us to both get rid of bad habits and to learn and adapt to very detailed standards and methods for these medical techniques.”
From there, the candidates went directly into testing week where the Soldiers were evaluated on their ability to perform all tactical and technical duties required of a combat medic.
“The evaluations were very detail oriented, everything down to getting the property brevity codes and phonetic alphabet pronunciations in the 9-line MEDEVAC (medical evacuation) report,” Garcia said.
Along with the four combat training lanes, the Soldiers were also required to complete a written test consisting of a minimum of 60 questions and finish with a 12-mile ruck march that began at 3 a.m.
“We had to stay up all night studying then go to bed, sleep for four hours, then get up,” Derosa

said. “That was probably the worst part. We were all tired from marching around from all the lanes and everything,” he added. “I think I hit mile five and wanted to stop.”
Derosa said he had to keep pushing himself to avoid giving up during the course.
For Garcia, the past attempt at earning the badge almost stopped him from accomplishing his goal.
“I tried for the badge once before in my last duty station, (but) came up short,” Garcia said. “I was really discouraged and was unsure about going through the EFMB process again, but received lots of encouragement from my command, and although I became fatigued and had to sacrifice sleep, the payoff for hard work for 10 straight days was success.”
Now that Garcia and Derosa are official EFMB holders, they are charged with helping others who are trying to do the same.
“I plan on doing a train-up for the Soldiers in my unit for the next EFMB and taking on the challenge of being EFMB cadre, which also requires hard work and a significant amount of time in the field, so I can pass on my knowledge and experiences,” Garcia said. “I really appreciated the environment that this cadre set because they were focused on providing positive rein-

forcement, and they really cared about teaching us.”

Photo by Sgt. 1st Class Nicole Howell, 8th Theater Sustainment Command
Spc. James Derosa, 8th Military Police Brigade, gives a shaka at the 12-mile march finish line.



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9th MSC welcomes incoming senior NCO

Yamamoto relinquishes his responsibilty in farewell

CAPT. LIANA KIM

9th Mission Support Command Public Affairs

FORT SHAFTER FLATS — As the afternoon sun painted the Soldiers and parade field golden on an idyllic island day, Pacific Army Reserve Soldiers bid

farewell to one enlisted leader and welcomed another.

The 9th Mission Support Command, with command representatives from its 10 regional command’s major subordinate units, conducted a change of responsibility ceremony on the Field of Heroes at the U.S. Army Reserve Daniel K. Inouye Complex, here, Nov. 8.

Command Sgt. Maj. David Yamamoto relinquished



Photo by Capt. Debbie Eddin, 9th Mission Support Command

Command Sgt. Maj. David Yamamoto, outgoing senior enlisted adviser of the 9th MSC, forms-up the command’s Soldiers during the change of responsibility ceremony at the USAR Daniel K. Inouye Complex, Nov. 8.

the unit colors to Command Sgt. Maj. Christopher Lindung, who became the senior enlisted leader of the 9th MSC.

Lindung brings extensive experience from a variety of positions of increasing responsibility, most recently as the senior enlisted adviser of the 7th Psychological Operations Group at Moffett Field, California.

“I look forward to serving and working with and for you,” Lindung said. “Never forget where you came from, be the best Soldier you can, help others reach their potential, execute with perfection and train f or excellence.

“Leaders, coach your subordinates and lead by example, even in the face of adversity. Do what’s right,always,” he said.

A Hawaiian native and a member of the Honolulu Police Department, Yamamoto served as the senior enlisted adviser for the 9th MSC for three years, spanning three commanding generals. To date, he has served 31 years of active and Reserve duties. He now joins the inactive Ready Reserve while awaiting a future assignment in the Army Reserve.

“Maintaining focus on building the bench contributed to the success of our programs, which have increased promotions and career opportunities for our junior Soldiers,” Yamamoto said, adding he is especially proud of having worked hand-in-hand with the Hawaii National Guard to provide more training opportunities for Soldiers.

As the sun dipped behind stately palm trees, one command sergeant major bid farewell to his beloved Soldiers while another took the reins, continuing the cycle of leadership of the Pacific Army Reserve.

In both receiving lines after the ceremony for the outgoing and incoming senior enlisted leaders, Soldiers, civilians and their families thanked Yamamoto for the impact he has made during the past years, and Lindung for taking the helm as the senior NCO responsible for Army Reserve Soldiers throughout the Asia-Pacific region and continuing the missions of the 9th MSC.

Holiday SERVICES

The Religious Support Office will hold the following services/events during this holiday season.

Catholic

- First Sunday of Advent**
Nov. 28, 5 p.m., at Wheeler Chapel
- Nov. 29, 10:30 a.m., at Main Post Chapel (MPC), Schofield
- Dec. 2, 6 p.m., Hanging of the Greens, MPC**
- Second Sunday of Advent**
Dec. 6, 5 p.m., at Wheeler Chapel
- Dec. 7, 10:30 a.m., at MPC
- Dec. 6, 6 p.m., Advent Reconciliation Service, Aliamanu Military Reservation (AMR) Chapel**
- Dec. 8, 11:45 a.m., Solemnity of the Immaculate Conception of the Virgin Mary**
Soldier Chapel; 5 p.m., at AMR Chapel
- Dec. 9, Advent Reconciliation Service at MPC**
- 1st Confessions for children at 6 p.m., followed by the remainder of the congregation at 6:30 p.m.
- Third Sunday of Advent**
Dec. 12, 5 p.m., at Wheeler Chapel
- Dec. 13, 10:30 a.m., at MPC
- Fourth Sunday of Advent**
Dec. 19, 5 p.m., at Wheeler Chapel
- Dec. 20, 10:30 a.m., at MPC
- Dec. 24, 4 p.m., Christmas Family Mass** at MPC, AMR chapels
- Dec. 24, 10 p.m., Christmas Eve Mass** at Wheeler Chapel
- Dec. 25, 10:30 a.m., Christmas Day Mass** at MPC
- Dec. 26/27, Feast of the Holy Family of Jesus, Mary and Joseph**
- Dec. 31, 5 p.m., Vigil Mass for Mary, Mother of God** at AMR Chapel
- Jan. 1, 2016, 11:45 a.m., Mary Mother of God** at Soldiers Chapel, SB
- Jan. 2/3, Epiphany of the Lord**
Jan. 9, 5 p.m., at Wheeler Chapel
- Jan. 10, 10:30 a.m., at MPC

•**Baptism of the Lord**
Jan. 9, 5 p.m., Wheeler Chapel
Jan. 10, 10:30 a.m., at MPC

Jewish

- Dec. 8, 6 p.m., Menorah Lighting Ceremony** at MPC

Protestant

- Nov. 22, 11 a.m., Thanksgiving Program and Service** at Helemano Military Reservation dining facility, sponsored by HMR Chapel
- Dec 2, 6 p.m., Hanging of the Greens, MPC**
- Dec. 24, 5 p.m., Christmas Eve Service** at Fort DeRussy Chapel
- Dec. 24, 6:30 p.m., Joint Contemporary Christmas Eve Service** at MPC
- Dec. 24, 7 p.m., Christmas Eve Candlelight Service** at AMR Chapel
- Dec. 24, 7 p.m., Christmas Eve Service (Traditional)** at Wheeler Chapel
- Dec. 25, 10 a.m., Aloha Breakfast, Christmas day** at MPC
- Dec. 25, 10 a.m., Aloha Breakfast, Christmas day** at Wheeler Chapel

FOOTSTEPS in FAITH

Thanksgiving is about grace, not dessert

CHAPLAIN (MAJ.)
SCOTT F. KENNAUGH
3rd Brigade Combat Team
25th Infantry Division



Kennaugh

If you’re like me, you have a favorite Thanksgiving dessert, that special treat at the end of dinner, for which you either skip a second helping of dressing or wait for even longer while dinner settles.

For me, it’s mom’s pumpkin cake-roll: a log of thin pumpkin cake rolled up with buttery smooth cream cheese frosting, crushed walnuts on the outside, sliced into a spiral disk on my plate – perfect with a fresh cup of holiday blend coffee!

But there’s always that classic rule: Clean your plate to get dessert. That’s right, dessert isn’t given freely; you have to earn it.

This rule seems to carry over into much of life, the idea that we have to earn our success, that through hard work

we can get what we deserve, our “just dessert” as the old expression goes.

The root of this old word, deserve, comes from the idea of worthiness or to earn by merit.

We apply merit in many ways, from completing a school, to earning promotion or position, even to personal affection or self-worth. But if we get what we want through exertion and worthiness, why should we be thankful? What is the place of the Thanksgiving holiday if we are only celebrating our accomplishments?

Maybe since dessert comes at the end of dinner, we should back up to the beginning of dinner, where we say “grace.”

Thanksgiving dinner traditionally starts – at least the eating part – with the head of the family saying grace, a brief prayer for the food prepared and received, gratitude for the gathering of family and friends, the request for future health and blessing. In contrast to the idea of dessert, this grace carries the sense that we are receiving what we have not earned or do not deserve.

Granted, from your job you earned the paycheck to buy the turkey on the table. But have you truly earned good health, merited the love of family or through exertion gained the joy of the celebration? If we have these things undeservedly, through grace, then we can express genuine thanksgiving.

You can think of grace and thanksgiving as flowing in three directions. One is vertical, between God and you. Two is horizontal, between you and other people.

In the first sense, God provides for your needs because he loves you. He takes the initiative by grace, and you respond with thanksgiving.

In another direction, someone initiates with you, they show the grace of friendship or genuine concern, and you respond with thanksgiving and a return of the kindness. And for your part, you initiate and show grace in someone else’s life, and they respond in thanksgiving. Take time to reflect on these directions of grace this Thanksgiving.

What are you thankful for? What grace has someone else shown you that brings a sense of thanksgiving? What are you doing to show grace to someone else, to bless him or her in a way they could not earn from you?

These are the golden rules of life, and it’s how we know that, rather than dessert, Thanksgiving really is about grace.

Voices of Ohana

For this Thanksgiving,
“What is your Thanksgiving tradition?”

By 9th Mission Support Command Public Affairs



“My family goes to the movies, eats dinner, prays and says what we are thankful for, but this year I will be celebrating alone.”

Sgt. DeMarco Hill,
Human Resources,
9th MSC



“Normally, everyone comes to my house for Thanksgiving. Family members bring 10-15 different desserts, and my brother and I compete to see who cooks the best turkey. But this will be the first year away from my family.”

Sgt. William Johnson,
Human Resources,
303rd MEB,
9th MSC



“Ohana, family! My husband’s birthday was around Thanksgiving, so we also celebrate his life, because he passed away while I was deployed to Kuwait in 2011.”

Sgt. 1st Class Donna
Kauwe, Human
Resources,
Command Group,
9th MSC



“Usually, we spend Thanksgiving doing outreach in the community with the church. We feed the homeless with the Good Life Ministries, and then spend time with my family.”

Sgt. Marc Roach,
Human Resources,
9th MSC



“I am Italian. We always start with tortellini soup, and then something fried, like calamari. Baked lasagna or ziti. We always end dinner with some pasta.”

Christiana Vicari,
Theater Support
Group-Pacific,
9th MSC

Delegates work to improve Army quality of life

Story and photo by
DORIS PANGELINAN
Staff Writer

SCHOFIELD BARRACKS — Nearly 50 delegates representing all ranks of the Army, family members, and Department of the Army civilians joined forces at this week’s annual Army Family Action Plan (AFAP) conference to address ways to improve the quality of life in the U.S. Army.

DA-level quality of life issues were either submitted via online forums or generated by the AFAP conference delegates and then discussed in detail during the two-day conference at the Nehe-lani, here, Nov. 16-17.

The delegates carried out their brainstorming and issue development sessions divided into six groups at roundtables. In addition to the delegates, each group was assigned a group facilitator and a recorder/transcriber. Delegates also had access to issue support volunteers and subject matter experts from across the garrison to assist them with research related to their issues.

After in-depth reviewing, nine issues were prioritized and recommendations for improvements were finalized and presented to U.S. Army Hawaii Senior Commander, Maj. Gen. Charles Flynn, before the closing on the second day.

Erin Paulus, this year’s AFAP program manager and the local Army Volunteer Corps coordinator, since March 2015, commented, “What’s new at this year’s AFAP conference is that we’re focusing on DA-level quality of life issues.”

Several of the issues prioritized pertained to providing service members with training to better prepare them for life in the Army, providing personal and family readiness training during initial entry training, and increasing resilience training during basic combat training.

All prioritized issues will be evaluated by the garrison’s Installation Action Council chaired by the USARHAW senior commander before being sent to DA’s AFAP General Officer Steering Committee.

The AFAP initiative was first conceived in 1983 by Gen. John Wickham and has grown tremendously since then.

“We wouldn’t be here today if it weren’t for you and all of the volunteers. The world is moving fast and change is happening rapidly,” Flynn said. “Soldiers are different today than they were 20-30 years ago. We have to be advocates. We have to be agents of change.”



Groups of delegates work together on issues at the AFAP conference, Monday.

Issues and recommendations at AFAP

- 1. Donation of leave for active duty Soldiers.**
Scope: Currently, there is no method for active duty Soldiers to donate leave to a leave bank.
Recommendation: Establish an Army voluntary leave program for AD Soldiers.
- 2. Clothing allowance for active duty officers.**
Scope: Active duty officers are only authorized a one-time allowance upon initial entry.
Recommendation: Implement clothing allowance for active duty officers when mandatory uniform change occurs.
- 3. Expand resilience training during basic combat training (BCT) of Army recruits.**
Scope: The Army does not offer a sufficient standardized training program for new recruits.

- Recommendation:* Expand the foundational resilience training program for initial recruits during their BCT.
- 4. Basic living expense (BLE) support for dependents that are victims of domestic violence.**
Scope: There is not a current regulation that enforces service members to provide BLE to their dependents.
Recommendation: Require Soldiers to provide BLE for their dependents in the event of domestic violence per their commanders’ discretion.
- 5. Temporary transportation allowance (TTA) for permanent change of station (PCS) to and from outside continental U.S. (OCONUS) locations.**
Scope: Service members often do not have enough money, even with dislocation allowance, to pay for transportation from temporary lodging to work location, causing financial hardship.
Recommendation: Implement a TTA for service members that PCS to OCONUS locations.

- 6. Missed medical appointments by TRICARE Prime beneficiaries.**
Scope: Missed medical appointments by TRICARE Prime beneficiaries cost the Army and the U.S. taxpayer millions of dollars annually.
Recommendation: Hold TRICARE Prime beneficiaries accountable by charging a small fee to the patient for missed appointments.
- 7. Financial literacy training at career progression schools for Soldiers.**
Scope: Currently, financial literacy training at career progression schools for Soldiers is insufficient.
Recommendation: Institute structured financial training at career progression schools

- 8. Personal and family readiness education during initial entry training of Army Soldiers.**
Scope: Soldiers are not formally trained in personal and family readiness and total Army family.
Recommendation: Implement a foundational program of personal and family readiness for all Soldiers in each of their respective initial entry training courses.
- 9. Timeliness of obtaining off-post child care subsidies for Army families.**
Scope: The application process can take over a year, resulting in undue financial hardships.
Recommendation: Ensure qualified Army families receive off-post child care subsidies within 30 days of applying to Army fee assistance programs.

8th STB Soldiers create Warrior Training Center

SGT. JON HEINRICH
8th Theater Sustainment Command
Public Affairs

FORT SHAFTER FLATS — Daily training, conducted in realistic environments, under realistic circumstances, ensures Army forces maintain the highest levels of proficiency and readiness for worldwide deployment.

Soldiers of the 8th Special Troops Battalion, 8th Theater Sustainment Command, recognized the lack of training areas located on the south side of Oahu and created a place they call the Warrior Training Center, here.

“To get any type of tactical proficiency training, everything is pretty much Oahu North,” said 1st Sgt. Samuel Williams III, Headquarters and Headquarters Company, 8th STB. “We’re trying to demonstrate that we do not have the resources, manpower and funds that they (Oahu North) have, but we can provide similar training, here. We can only remain relevant by being ready.”

“The WTC is going to capitalize on the Army Chief of Staff’s primary goal of readiness,” said Sgt. 1st Class Matthew W. Biggs, the mortuary affairs noncommissioned officer in charge and operations NCO for the WTC.

The 8th STB began renovations to this building a little over a year ago, gradually adding items to increase the versatility of the training

environment.

“The WTC is really a knowledge-based facility,” said Williams. “Soldiers will be able to fine-tune and hone their skills on warrior tasks and battle drills, and incorporate different skillsets that logisticians and sustainers rarely are given the opportunity to do.”

Williams stated that other units outside of the 8th STB are invited to use the WTC and that some have already done so.

“The ultimate goal is, really, to enhance the Soldier training across the board,” said Sgt. 1st Class Mark Boyd, class III fuels NCO with 8th TSC and NCO in charge of the WTC. “Right now, we’re working on getting the training request on the STB portal page.”

Boyd said that units will be able to submit an online request form for classroom and hands-on training as part of Sergeants Time Training.

Although the 8th STB has been conducting training for a few months now, Williams credits the current success of the WTC to the Soldiers who facilitate the training.

“Overall, in order for anything to be effective, it’s about the personnel operating it,” Williams said. “I think, right now, we have a great group of selected individuals operating that facility and doing a really great job making the best out of little to nothing. It’s the cadre that is keeping it going.”



Photo by Spc. David Innes, 8th Theater Sustainment Command Public Affairs

The 8th STB Warrior Training Center instructors learn new room clearing techniques from Sgt. Tom Tienda (top left), Military Police NCO and the 8th TSC commanding general’s driver, Nov. 12. The WTC features a wide variety of training conducted both in the classroom and hands-on, such as military operations in urban terrain, crew-served weapons, Modern Army Combatives Program training (levels one and two), military and bus driver training, combat lifesaver and field sanitation.



The Army seeks to hire and train cyber talent.

Winning today’s cyberwar takes talent management

Army tests initial entry recruits for cyber skills in three dimensions

Story and photo by
DAVID VERGUN
Army News Service

WASHINGTON —Talent management is essential for getting the right people in the right place, at the right time, for any Army job, but especially for cyber, an Army manpower leader has said.

“Cyber poses an existential threat to our existence. They’ve got to get (talent management) right,” since potential adversaries are really good at cyber warfare,” said Michael J. Colarusso, senior research analyst for the U.S. Army Office of Economic and Manpower Analysis.

Talent management

Each individual has unique types of intelligence and abilities, so one cannot say he or she is the most or least talented person because there’s no such thing.

With training and good leadership, those unique skillsets “can be expanded and liberated.”

Talent management, on the other hand, is an integration of four factors: acquiring the right people, developing their talent, employing them in the right places and retaining them. By doing those four things right, it will alleviate “poaching” of those talented individuals by outside agencies, he said.

Framing the problem

Nearly everyone on the panel believed that the Army and the rest of the Department of Defense have challenges hiring and retaining talented cyber warriors.

Command Sgt. Maj. Rodney D. Harris, Army Cyber Command and 2nd Army, said it’s not just about money. The other point is the Army has to look at better ways of attracting and retaining talent.

Colarusso had a different perspective. The Army is part of the American labor market, Colarusso said, so competitive pressures from outside the Army are at work. Those pressures are high because the labor market is tight in cyber, meaning those with a cyber specialty are in high demand.

Other drivers are at work, Colarusso said, such as duty station location, training offered, quality of work and work environment. The current system “doesn’t see people three dimensionally.

“We don’t know our people, other than what’s on their resume,” he said.

Finding the motivators

In the realm of cyber, knowledge rapidly becomes dated, Colarusso said. A key to hiring and keeping cyber talent, particularly for the millennials, is providing quality training and education.

Millennials are very different from baby boomers regarding what motivates them, he said. Once talent is effectively matched with those motivators, Colarusso said, “productivity goes way up.”

To sum up what most of the panelists said, effective talent management derives from the interaction of job satisfaction, leadership, compensation, and training and education.

Become a pirate

Karl F. Schneider, principal deputy assistant secretary of the Army for manpower and Reserve affairs, said, it might pay for the Army to look at other successful models of organizations that have been really good at building highly effective teams and retained their skilled workers. The Army could then pirate some of those ideas.

What the Army is doing

The Army is now providing a cyber test to initial-entry recruits that could help identify talent early, said Col. Jon Brickey, National Capital Region partner director, Army Cyber Institute at West Point.

That effort should expand over the next few years.

The Army is also evaluating a number of aptitude and cognitive assessment tools that could further identify cyber talent, he said.

ROTC and West Point are identifying cyber talent early in their cadets, and as for retention, Brickey said, the Army and the other services are collaborating with universities to get Soldiers scholarships, cyber degrees, advanced training and certificates.

Besides universities, the National Security Agency, U.S. Cyber Command and National Intelligence University are offering their own courses of learning.

Finally, Brickey said, now that cyber has become a branch, career progression is better facilitated, and this should be a plus for retention.

Army values matter

When young leaders make mistakes in judgment or character in other military occupational specialties, there’s often a period of time where they can be redeemed. But making those kinds of mistakes in cyber could have national security implications.

“There are no peaks and valleys in cyber. You’re in contact with the enemy 24/7, 365 days a year,” Colarusso said. “There’s no room for error.”

EEG may someday boost Soldiers’ cognitive ability

Story and photo by
DAVID VERGUN
Army News Service

ABERDEEN PROVING GROUND, Maryland — New and complex technology for Soldiers can tax their mental ability, since the brain has finite processing capability, said David Hairston, a neuroscientist.

Hairston and his colleagues at the Army Research Lab’s (ARL) Human Research and Engineering Directorate want to someday use electroencephalogram, or EEG, to aid Soldiers in those mental tasks. He’s leading the Real-World Neuroimaging program to make that happen.

The EEG, which has been in use now for more than 60 years in clinical practice, measures and records voltage fluctuations in different parts of the brain to determine a person’s neural patterns. Those patterns provide insights into what a person is seeing, hearing, thinking and feeling – like peering into an individual’s mental and emotional state, he said.

For instance, if a Soldier is fatigued, a unique EEG pattern will be produced, he said. That sort of information could be useful for a commander, who could rotate in a more rested Soldier for a critical mission requiring alertness.

Unfortunately, there’s currently no way to monitor a Soldier’s neural pattern out in the field, since EEG equipment is bulky, and it’s located in laboratories or in medical facilities.

Hairston’s goal is to provide positive results to Soldiers by leveraging what can be learned from an EEG. The challenge, Hairston said, is that science currently has very little understanding of how the brain works outside of the laboratory, because the brain is very rarely measured outside a clinical setting.

He compared that task to putting together a giant jigsaw puzzle that’s missing many of the pieces.

“We have to create the pieces as we go along,” he said.

One, the first puzzle piece Hairston’s team created was a simplification of how the EEG is hooked up to a person’s head. Instead of using gel, ARL researchers have invented new sensors based on spring-loaded pins.

“The pins wiggle their way through your hair to make contact, so you don’t need gel,” he said.

Two, the second piece of the puzzle involved removing all the individual, separate wires and sensors from the scalp and encasing them in a custom-fitting, lightweight cap made of plastic

that’s fitted over the head.

The cap could be worn, he said, by an image analyst sitting in front of a computer, looking through images from an unmanned aerial vehicle, searching for a pattern, which might be, for example, an enemy emplacement or a tank.

When the analyst is pouring over thousands of images, he might miss something important because of the immense amount of cognitive processing required. Plus, it is a very time-consuming and tiring process.

Wearing the cap would facilitate that task with EEG. In other words, the Soldier’s brain subconsciously picked out the signal, but the brain’s internal communication didn’t elevate it to the conscious level, he said.

Using an algorithm, a computer that’s hooked up to the EEG would then process that information and quickly figure out that of 1,000 images, perhaps 10 are likely very important based on the EEG pattern, he said. Those could then be re-presented back to the Soldier, very slowly, so they can look for the target.

One problem, though, is that most EEG caps are not comfortable because they are designed as “one size fits all,” so people will not wear them long. As an alternative approach, Hairston picked up a prototype of a custom-fit cap that had been printed out by one of ARL’s 3-D printers. The Soldier’s head had first been measured in 3-D by magnetic resonance imaging, or MRI. The cap felt lightweight, spongy and comfortable, and would be a perfect fit for that Soldier.

Three, puzzle piece No. 3 involved completely ditching the cap and wirelessly transmitting EEG data via a microprocessor. This is one of the most challenging stages.

ARL’s material scientists are looking at a number of materials to make non-metallic polymer sensors that are stretchable and pliable so they’ll be comfortable and lightweight, he said.

“In order to do this, we must work as a multi-disciplinary, collaborative team, involving members from other areas including material science, aerospace engineering and electronics engineering,” he said.

Hairston held up an example of one that’s being tested. It was lightweight and comfortable.

“We don’t want to burden Soldiers with more equipment,” he said.

The other parts of the puzzle would be getting the sensors to transmit on ultra-low power and getting the algorithms needed to assist Soldiers in a variety of tasks.

It’s probably still years away, he said.



A traditional electroencephalogram, or EEG, head hookup is messy with lots of wires, sensors and gel that irritate the scalp and cause mild discomfort, as well as taking time to set up.

500th MI to dedicate new HQ to career intel officer

Story and photo by
STAFF SGT. THOMAS COLLINS
500th Military Intelligence Brigade
Public Affairs

SCHOFIELD BARRACKS — The 500th Military Intelligence Brigade will dedicate the new brigade headquarters building to the late Col. Harry K. Fukuhara, in a ceremony to be held Dec. 4.

Fukuhara, a second generation Japanese-American, served 48 years in active military and civil service for the U.S. Army.

He was recognized for his career contributions with the induction into the U.S. Army Military Intelligence Hall of Fame in 1988. Fukuhara was awarded the honor of Distinguished Member of the Military Intelligence Corp in 1993.

In 1990, Fukuhara received the third Order of the Rising Sun, Gold Rays with Neck Ribbon from the Emperor of Japan and the President’s Award for Distinguished Federal Civilian Service.

Expected in attendance are son Brian Fukuhara; two daughters, Shary Fukuhara and Pamela Tsuzaki; grandson Sgt. Grant Fukuhara Hashimoto, JFK Special Warfare Center and School, Fort Bragg; and state representatives Beth Fukumoto-Chang and Bertrand Kobayashi.

The new facility allows for the consolidation of six facilities into one, providing the opportunity to consolidate the Intelligence and Security Command on island military intelligence assets while supporting the senior commander’s growth initiative.

More than 250 Soldiers, Department of the Army civilians and contractors are able to work in the new building, doubling the work capacity of the brigade’s old facility.



Fukuhara



The Agno family frames the shadowbox memorial of Staff Sgt. Randy S. Agno, inside the 325th BSB building, Nov. 10. Agno is survived by his wife, Marvelyn (middle left), and sons, Jarren and Jensen (center).

Room named for Gold Star ‘Mustang’

Story and photo by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Support troops honored one of their own during a memorial room dedication ceremony, here, Nov. 10.

The Soldiers of 325th Brigade Support Battalion, 3rd Bde. Combat Team, 25th Infantry Division, named the conference room after Staff Sgt. Randy S. Agno.

Agno, a native of Pearl City, Hawaii, was deployed as a food specialist with the 325th BSB at Forward Operating Base Olsen in Samarra, Iraq, on April 27, 2009. He died at Walter Reed Army Medical Center in Washington of wounds suffered on May 8, 2009.

Present at the ceremony were Agno’s mother, Fe Suyat; wife, Marvelyn; sons, Jarren and Jensen; and close family members.

“It’s remarkable,” said Suyat, speaking for the whole family. “I’m so amazed from what I’ve seen today. I didn’t expect something like this.”

Command Sgt. Maj. Michael Stoddard, senior enlisted adviser for 325th BSB, said the effort to make the memorial room possible was a long time coming, but he wanted to ensure that it was tied to the Agno family.

“The intent was to honor the memory of Staff Sgt. Randy Agno and honor the Agno family,” Stoddard said.

While Stoddard hadn’t personally worked with Agno, he’d heard of, and learned, many great things about Agno.

“I will tell you those who knew him told me nothing but how great of a professional he was and how he defined what a professional non-commissioned officer is,” he said.

“Not only was he technically competent, his skills (as) a culinary specialist (were) evidenced by the awards he earned. ... He cared about Soldiers,” said Stoddard.

Such care for his Soldiers was expressed by Agno’s mother when she said he brought back home one of his fellow Soldiers after one of his redeployments. He had already deployed once to Iraq, and he had served another in Afghanistan.

“When he came back from his deployment from Afghanistan,” she began, “he called me and said, ‘Mom, I’m going to come home with my Soldier.’ And I said, oh? He said, ‘Mom, when I come home there, he has no place to stay. So if you don’t mind, I would like to (bring) him home.’”

She described her son helping out the Soldier at his family home and teaching him one of his passions, cooking.

Agno was no ordinary cook, which is evident by him being named the Junior Army Chef of the Year at the Army’s 31st annual Culinary Arts Competition at Fort Lee, Virginia, in 2006.

“He started that before he joined the Army,” Suyat said. “He always loved to be in the kitchen. He was so happy to cook.”

The Gold Star family expressed its heartfelt gratitude to 325th BSB.

“It’s very emotional to tell you the truth,” Suyat said, as she fought back tears. “It’s very emotional. I’m excited and thankful to have this classroom for his family.”

ASAP offers ‘Prime-For-Life’ program

J.M. MILLER
Army Substance Abuse Program
U.S. Army Garrison-Hawaii

Happy Holidays.

It’s that time of year again when some Soldiers engage in high-risk behavior. It’s also a good time to make a change.

Some say that change is the hardest thing for a person to do; however, the Army Substance Abuse Program, or ASAP, strives to make that an easy process after you make the choice. You just have to make the choice to **Take a Stand!**

One of the classes offered at ASAP is called Prime-For-Life. It’s a motivational prevention,

intervention and pretreatment program specifically designed for people who may be making high-risk choices.

This includes, but is not limited to, impaired driving offenders, military members and people charged with alcohol and/or drug-related offenses. It’s designed to change drinking and drug use behaviors by changing beliefs, attitudes, risk perceptions, motivations and the knowledge of how to reduce their risk of alcohol and drug-related problems throughout their lives.

Because Prime-For-Life includes both prevention and intervention content, it is also designed in a way that serves universal, selective and indicated audiences with program delivery

options for each.

- Universal audiences are those without any known increased risk factors who may only need the risk reduction information provided in the prevention component. Some examples of potential universal audiences are all incoming military members, freshmen at a university or employees at a company that wants to provide preventative programming to its personnel.
- Selective audiences are those who may have signs of increased risk for developing problems, such as military members who are exhibiting responsibility issues or lack of discipline, youth with truancy issues or family members of individuals with substance use problems.

SUBSTANCE ABUSE

TAKE A STAND!

SUICIDE

SAFETY VIOLATIONS

SEXUAL ASSAULT

•Indicated groups are those already making high-risk alcohol or drug choices (already received an OVUII or a positive urinalysis result) and who may be exhibiting signs of problems. Such individuals benefit from a more intensive version of Prime-For-Life and may even participate in it as a pretreatment program.

(Note: Miller is the prevention coordinator at ASAP, part of the U. S. Army Garrison-Hawaii’s Directorate of Human Resources.)

NEWS Briefs

Got an event of interest coming up for Soldiers or civilian employees ?
Send your announcements to news@hawaiiarmyweekly.com.

Today

CFC Extended — The Combined Federal Campaign for the Hawaii-Pacific region is extended until Dec. 15. To pledge, see your unit representative or donate online at www.cfc-hawaii.org/.

Dengue Fever — The Hawaii Department of Health is investigating a cluster of locally acquired cases of dengue fever on Hawaii Island. Dengue is not endemic to Hawaii; however, it is intermittently imported from endemic areas by infected travelers. As of Nov. 16, there are 56 confirmed cases. Since the beginning of HDOH’s current investigation on Hawaii Island, one imported dengue fever case has been confirmed on Oahu. This case is not associated with the Hawaii Island investigation.

Smokeout — Yesterday was the American Cancer Society’s Great American Smokeout, a day when smokers are encouraged to quit for the day and make a plan to quit for good. Today, smokers have more tools than ever to help quit smoking, but it remains one of the strongest addictions known. To get help or to

join the fight, call anytime, day or night, at 1-800-227-2345 or visit cancer.org.

Schofield HSO — The Housing Services Office has been moved from trailers back to 215 Duck Road, Bldg. 950. The new office phone numbers follow:
•864-0837/1022 /0811.

Voting Registration — Are you registered in your home state? Call the Installation Voting Assistance Officer at 655-5546 to register or visit www.fvap.gov.

27 / Friday

Gift Wrapping — Family readiness groups authorized to operate on the installation may register to participate in annual holiday gift wrapping fundraisers at the Schofield Exchange. Send a request to usarmy.wheeler.im.com-pacific.mbx.fundraising@mail.mil. Fundraising dates are Nov. 27-Dec. 24, from 9 a.m.-8 p.m., daily and Saturday, and Sundays, 10 a.m.-6 p.m. Call 656-0102.

December

7 / Monday

Remembrance — The National Park Service and the Navy host the National Pearl Harbor Remembrance Day at Joint Base Pearl Harbor-Hickam, overlooking the USS Arizona Memorial. More than 3,000 guests, including Pearl Harbor Survivors and World War II veterans, will attend the ceremony.

A moment of silence will be observed at 7:55 a.m., the exact moment the Japanese attack on Pearl Harbor began. The guided missile destroyer USS Preble (DDG 88) will render pass in review honors to the USS Arizona and all Pearl Harbor survivors. A missing man flyover will be conducted. Visit www.pearlharborevents.com.

Traffic Report

Hawaii Department of Transportation (HDOT) and USAG-HI advisories for detours, construction and noise advisories. Unless indicated, all area codes are 808.

Today

Demo & Arty — Noise from demolitions and artillery may be heard by surrounding communities. The training continues into December, ending on Dec. 7. Weather can increase noise and vibrations. To report concerns related to noise or training, call 656-3487 or email usaghi.comrel@gmail.com.

Crater Rim Loop — A partial road closure at Aliamanu Military Reservation along Crater Rim Loop for new utility pole and underground utility installation began Wednesday. The westbound lane will be closed for underground utility work 7 a.m.-3:30 p.m., (excluding holidays) until Dec. 31.

23 / Monday

Nightwork — All lanes will be closed on Kamehameha Highway in both directions between Whitmore Avenue and Kilani Avenue at the Karsten Thot Bridge on Monday, Nov. 23, and Tuesday, Nov. 24, from 9 p.m. to 4 a.m., for preparation work for the repair and repaint project. Call 518-4576 or visit the website at www.rrkarstenthot.com/.

28 / Saturday

Phase III Flow — Traffic will be restricted

access on Schofield’s Trimble Road until Jan.15, 2016, for the third phase of a project for utility installation and curb/sidewalk upgrade. Traffic flow will be directed.

30 / Monday

Carpenter Street — There will be a road closure at Schofield’s Carpenter Street, weekdays (except Wednesday), 8:45 a.m.-1:45 p.m., until Dec. 7.

Full Closure — A full road closure on Schofield’s Waianae Avenue (South Corridor) between Generals Loop and Jecelin Street will take place, weekdays, 8 a.m.-3:30 p.m., until Christmas. During this closure, Waianae Avenue (North) between Generals Loop and Jecelin Street will be designated for two-way traffic.

During nonworking hours, weekends and holidays, a right lane closure will take effect on Waianae Ave (South Corridor) between Generals Loop and Charlton Street, Monday through Thursday, 3:30 p.m.-8 a.m., and weekends, beginning Friday evenings, at 3:30 p.m. and ending Monday morning at 8 a.m.

Waianae Avenue traffic patterns will not be altered during this lane closure. Traffic control will alternate between the full road closure and right lane closure until Dec. 25.

December

1 / Tuesday

Rate Increase — For the first time in more than four years, HDOT Airports Division is increasing public parking rates at six of its airports. The daily maximum rate at five Hawaii airports will increase by \$3. Call 861-1260 or visit <http://hawaii.gov/hnl/airport-parking/parking-rates>.

25th ID chaplains hone key leader engagement skills

Story and photo by
SGT. IAN IVES
2nd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Chaplains from all units of the 25th Infantry Division met at the Mission Training Center (MTC), here, Nov. 12, to partake in a new training program designed to improve their key leader engagement skills.

One of an Army chaplain's core duties is to advise his commander, during deployment, on the local population's spiritual and basic living needs through key leader engagements. A first of its kind, this training program hones a chaplain's key leader engagement skills through realistic scenarios.

Chaplain (Maj.) David R. Schlichter, 2nd Brigade Combat Team, developed this new variation of key leader engagement training.

"This training came out of the recognition that chaplains are the lead advisers to commanders on religious affairs, and we as chaplains are lacking," said Schlichter. "We do well at providing advisement of our own Soldiers, but are not as strong when dealing with foreign leaders and advisement to commanders. Seeing this, I began to devise a program to fix this shortcoming."

After coordinating with the MTC and the 500th Military Intelligence Bde., Schlichter formulated training capable of giving chaplains and chaplains' assistants the experience needed to interact with foreign community leaders.

"The base of this training was originally designed to train human intelligence collectors to interact with foreign nationals. After seeing this training, I thought to myself, 'This wouldn't take much adjusting to refocus this training towards chaplains.'"

The training consists of a computer simulation, organization of foreign community needs and realistic role-playing with two linguists. With this variation of training having never been done before, it was a new experience for many chaplains and their assistants.

Chaplain (Capt.) Jeff Herder, 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, had never been exposed to training with either of the simulations.

"This kind of training is all new to me," said Herder. "I did not realize the kind of technology we had could produce these kind of scenarios. I think, in the future, this training will help chaplains become more confident with their skills and raising the issues that we should be concerned about when advising our commanders."

For the chaplains, this is invaluable training. When the need for key leader engagement arises

during a deployment, they can execute it with precision.

"We, as an Army, may not be deploying to war right now, but we will always be going some-

where within the world, and it is only a matter of when we will be in war next," Schlichter said. "So will chaplains always have the skillset of real-life key leader engagement? With this training

they will." Schlichter hopes the program will reach chaplains across the Army, resulting in an overall better-trained Chaplain Corps.



Chaplain (Capt.) Jeff Herden, 2nd Bn., 25th Avn. Regt., 25th CAB, 25th ID, takes part in a computer simulation, Nov. 12, which tests his key leader engagement skills with interactive questions. Originally used as a training resource for human intelligence collectors, this simulation has been refocused to train chaplains and their assistants.

Volunteers needed to provide tax help

INTERNAL REVENUE SERVICE
News Release

HONOLULU — Last year, in Hawaii, more than 600 Hawaii residents gave back to their communities as volunteers who provided free tax services by preparing more than 16,000 federal and state individual income tax returns through the IRS' Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs.

"The IRS and its partners are looking for volunteers that are interested in taking a little time to learn about taxes and then helping others by preparing federal income tax returns for free," said IRS spokesman David Tucker II.

"Volunteers are certified to prepare simple tax returns for people whose incomes are \$53,000 or less. People of all ages and backgrounds are welcome to volunteer. There is a role for anyone who is interested and wants to help give back to their community," he said.

Types of help

Anyone can be a volunteer, and bilingual volunteers are particularly needed. Volunteers can help in three separate capacities: preparers; site coordinators or supervisors, who may also prepare returns; and greeters, who will generally answer simple questions and distribute forms.

Volunteers will be provided with free training materials on how to prepare basic individual income tax returns and, in most cases, how to file them electronically. Instruction will cover both federal and Hawaii state tax returns.

Training is usually held between November and January, and volunteers generally study online with Link & Learn Taxes to obtain their volunteer certification.

The Link & Learn program is an interactive course that teaches all the basics needed to prepare simple income tax returns accurately for individuals. Classroom training may also be available.

Getting Started

To volunteer, send an email to taxvolunteer@irs.gov or please contact any of the following organizations:

- **AARP Foundation Tax-Aide.** You can sign up to volunteer at www.aarp.org/taxvolunteer.
- **HACBED (Hawai'i Alliance for Community-Based Economic Development).** Call 381-0881 or visit www.hawaii.taxhelp.org.
- **Legal Aid Society of Hawaii.** Hawaii's oldest and largest nonprofit law firm assists individuals to file their state and federal tax returns based on income eligibility. Call 527-8076 or visit www.legalaidthawaii.org.
- **Goodwill Industries of Hawaii.** Call 836-0313, ext. 1015.
- **Leeward Community College Volunteer Income Tax Assistance Program.** Contact Roy at (808) 455-0294 or visit <http://sites.google.com/a/hawaii.edu/leewardvolunteer/tax/home>.

Become an IRS volunteer

For more information about IRS volunteer tax preparation, visit www.IRS.gov; use keywords "Tax Volunteer."



An Army veteran with the 1st Filipino Infantry Regiment, U.S. Army, Veterans of Foreign Wars of the U.S.A., hands a poppy flower to a girl during the Veterans Day parade at Wahiawa, on Nov. 11. The poppy flower is a Veterans Day symbol that holds its origins from Great Britain and the end of World War I.

25th ID celebrates, honors vets at Wahiawa parade

Story and photos by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

WAHIAWA — Civilians and current and former service members, alike, came to celebrate and honor those who served during the Veterans Day parade, here, Nov. 11.

The band, color guard and Soldiers of the 25th Infantry Division, “Topic Lightning,” along with the Hawaii National Guard, 324th Intelligence Squadron, and numerous civilian organizations, marched in the parade.

Veterans Day was once called Armistice Day, in recognition of the “war to end all war” at the end of the First World War, 97 years ago, on Nov. 11, 1918. However, it would not be the last war to engulf the globe as Nazi Germany, Fascist Italy and Imperial Japan plunged the world into other devastating wars.

A remembrance

Retired Army Master Sgt. Polito “Paul” Olivas entered the service in September 1940, at the age of 22, a year prior to the Japanese bombing of Pearl Harbor.

The spry 97-year-old veteran, now residing in nearby Mililani, was one of three grand marshals during the parade hosted by the Wahiawa Lions Club.

“It’s great to be honored and respected,” Olivas said.

He went on to state he was first assigned to the 45th Infantry Division, but was later reassigned to a new rigorous job in the Army.

“In 1943, I went airborne and was assigned to the 101st Airborne Division,” he said.

He was part of the Normandy invasion of France in June 1944, jumping near Saint-Lô and being separated from his unit for three days during the intense and chaotic fighting.

Again, the paratrooper was in the thick of it against the German Wehrmacht and Waffen-SS during the Battle of the Bulge in the fierce winter of the same year in Luxemburg and Belgium.

After the war, while many had been released out of the Army, Olivas stayed in and was later stationed at Fort Bragg, North Carolina. Not wanting to stay behind a desk, he jumped at a unique opportunity that was presented to him.

“In 1952, they had a unit visit us to start psy war,” he began, in reference to the Army’s first psychological operations unit. “I was told they came here to start psy war.”

He was instantly accepted and went on to become one of the original members of the 10th Special Forces Group (Airborne), where he went on to use his skills in both the Korean and Vietnam wars.

Olivas retired in 1970, ending a remarkable 30-year career with the Army with more than 300 airborne jumps, two Combat Jump Stars, and a Combat Infantry Badge with three stars.

Another World War II veteran participating in the parade, Robert Honke, rode in a trolley, waving at the cheering crowd.

“I am honored in being able to participate in the parade,” he said, humbly. “It’s very exciting to see all the people participating. It’s very good to be here.”

Honke, 94, served in one of the forgotten theaters of the war,



Retired Army Master Sgt. Paul Olivas is one of the grand marshals for the Veterans Day parade at Wahiawa.



The 25th Infantry Division band marches during the Veterans Day parade at Wahiawa, usually annually.

the China-Burma-India Theater, as a Japanese translator.

“I went to the Japanese language school at Camp Savage, Minnesota,” he said.

Camp Savage was home to a Military Intelligence Service language school during the war. The sole purpose was to teach Japanese language for MIS.

He went on to serve in all three namesake countries of the theater, he continued. He interrogated Japanese prisoners inside Free China.

One of the younger veterans, Spc. John Syler, marched with Company C, 2nd Battalion, 27th Inf. Regiment, 3rd Brigade Combat Team, 25th ID, during the parade.

Syler, an infantry and a native of Niangua, Missouri, said he took great pride in joining the day’s celebration.

“It’s good out here participating with the community,” he said, “and having a presence out here to show everyone we care about the community and our veterans, past and present.”

This Veterans Day had a unique meaning for him.

“This is my first Veterans Day stateside,” he said. “Before this, I was prior service Marine Corps and spent most of my time deployed. It’s a good feeling to be home and being out here participating.”

The overwhelming support of the surrounding community greatly struck him.

“It’s pretty impressive to see the turn out for the parade,” he said, “especially for a small community that Wahiawa is. It’s impressive to see the public support.”



Brig. Gen. Patrick Matlock, deputy commanding general – Support, 25th ID, participates in the Veterans Day parade at Wahiawa. Matlock was the keynote speaker for the event.



Retired Army Command Sgt. Maj. Henry Lee is one of the grand marshals for the Veterans Day parade. Lee served 24 years in the Army and was a Vietnam War veteran.



Children wave U.S. flags during the Veterans Day parade at Wahiawa.



Briefs

Today

Grill Your Own Steak Night — Grill your own steak every 1st and 3rd Friday, from 3-8 p.m., at the FS Hale Ikena on Mulligan’s lanai for \$13.95, or let one of the chefs grill it for an extra \$3. All steaks are served with a baked potato and the chef’s choice of vegetable. Call 438-6715.

Right Arm Night — Kick back with your “right arm” with drink specials and a pupu buffet, 5 p.m., SB Nehelani. Spouses and DOD civilians are welcome. Call 655-4466.

21 / Saturday

Thanksgiving 5K Run — Preregistration cost is \$20 for the holiday-themed 6:30 a.m. race at Helemano Physical Fitness Center. Call 653-0719/0723.

Surf Kayaking 101 — Experience Yak boarding, the adrenaline rush of riding a wave while sitting down in a specially formed kayak for surfing, 8:30 a.m.-12:30 p.m. Join SB Outdoor Recreation for this unique experience on the south shores of Oahu.

ODR will provide the transportation (up to 12 people), equipment and instruction. All you need to bring is water, snacks and sunscreen. Sign up no later than noon, Nov. 20.

Cost is \$59 per person. Call 655-0143.

22 / Sunday

Sunday Brunch at FS Hale Ikena — Savor roasted prime rib with a peppercorn and garlic crust, along with exquisite dishes with flavors infused from the Pacific Rim, Asia and Hawaii Nouveau, 10 a.m.-1 p.m.

Groups and large parties welcome. Reservations are recommended. Adults fee is \$24.95 with children’s prices available. Call 438-1974.

SB Kolekole Bar & Grill — Weekend restaurant services now offered, 11 a.m.-6 p.m., Saturdays, and 6 a.m.-3 p.m., Sundays.

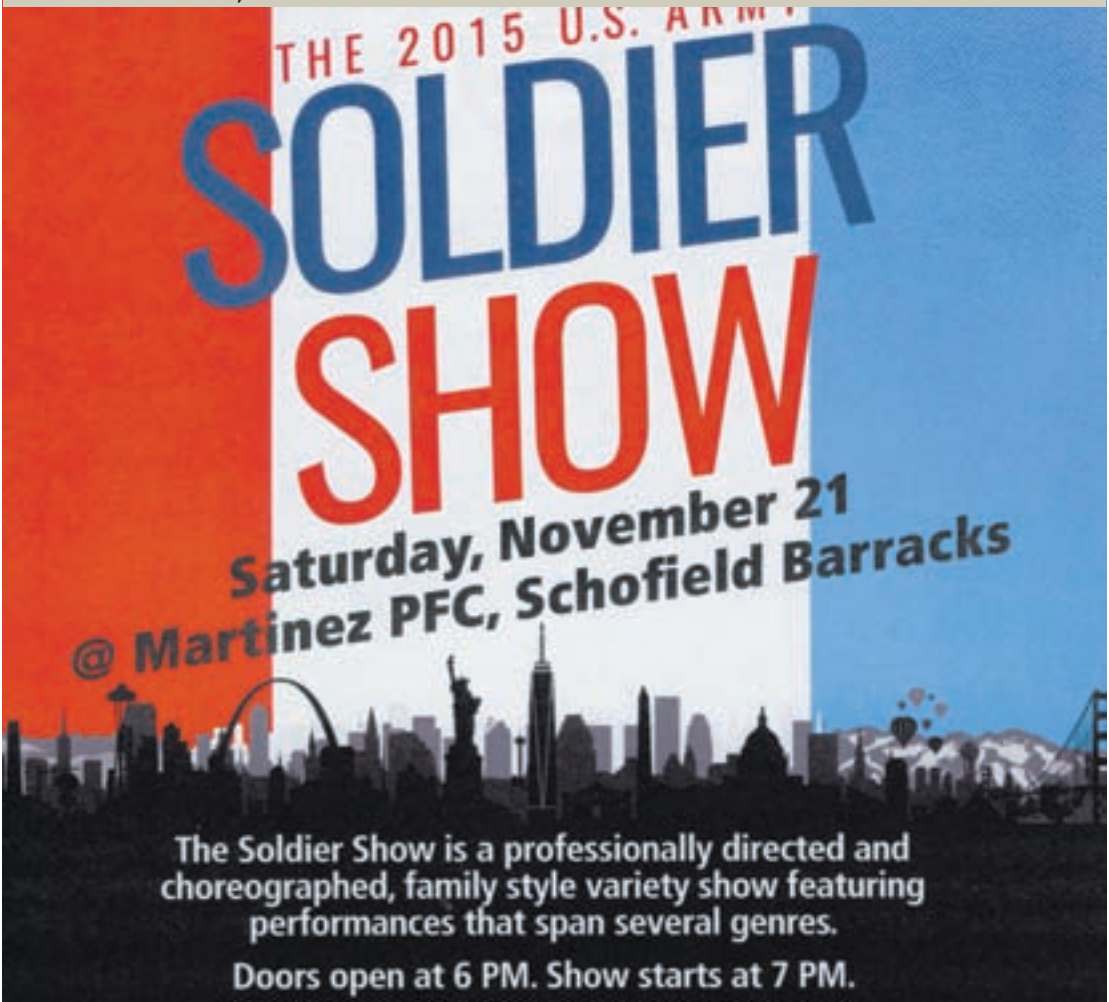
SB Bowling — Turkey Shoot/Red Pin Bowling Tournament is at SB Bowling Center. Registration begins 12 p.m.; bowling starts at 1 p.m.

23 / Monday

Mongolian Barbecue — “Create Your Own Stir Fry” begins at 5 p.m. on Mondays at the SB Nehelani. Create delicious, healthy food that you can customize using a variety of meats, poultry, seafood, vegetables, sauces and spices.

Children’s menu is available. Cosis

SOLDIER SHOW, SATURDAY



SCHOFIELD BARRACKS — Military and families can see a professionally choreographed, family-style, variety show featuring performances that span from Broadway musicals, to country, gospel, rhythm and blues, plus top 40 songs, when the Soldier Show comes to U.S. Army Garrison-Hawaii, 7 p.m., Nov. 21.

Doors will open at 6 p.m. at the Martinez Physical Fitness Center. Admission is free to see this Family and Morale, Welfare and Recreation Hawaii-hosted event. For more details, call Deanna Lein, Special Events, at 655-0002.



Courtesy of Family and Morale, Welfare & Recreation and Soldier Show

65 cents for each ounce. Call 655-4466.

24 / Tuesday

SB Christmas Tree Lighting — Evening at Generals Loop begins at 5:30 p.m., and features a performance by Army Music Hawaii, appearances by costumed characters, pictures with Santa, cookies and cocoa.

25 / Wednesday

FS Soul Food Lunch Buffet — Every last Wednesday of the month at the Hale Ikena enjoy traditional southern-style soul food selections. Cost is \$14.95 per person. Call lunch buffet reservations at 438-1974.

BOSS Meetings — Hooah! Single Soldiers and geographic bachelors are highly encouraged to attend BOSS meetings every Wednesday of the

month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

•North meetings are held at SB Tropics, every 1st and 3rd Wednesday, at 3 p.m.

•South meetings are held at the FS Bowling Center, every 2nd and 4th Wednesday of the month, at 10 a.m. BOSS is waiting for your call at 655-1130.

Teen Manga Club — Get your Manga fix with other teens, 3 p.m., SB Sgt. Yano Library, every second and fourth Wednesdays of the month. Call 655-8002.

27 / Friday

Hawaiian Lunch Buffet — Enjoy a traditional Hawaiian luau lunch buffet every last Friday of each month from 11 a.m.-1 p.m. at FS Hale Ikena

for \$14.95 per person. Large parties are welcome. For reservations, call 438-1974.

December

2 / Wednesday

Hangar Grand Opening — The Hangar Entertainment Center will open at the Wheeler Bowling Center. Stay tuned for more information.

Ongoing

2016 Pro Bowl Tickets — Tickets are on sale at the SB Leisure and Travel Services office, sold on a first-come, first-served basis, at Bldg. 3320, Flagview Mall, for the Jan. 31, 2016, all-star game at Aloha Stadium.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Kristi Yamaguchi — An extraordinary figure skating show headlined by Kristi Yamaguchi and Brian Boitano takes center ice at the Blaisdell Arena, for two days, beginning Nov. 20, to support early childhood literacy in Hawaii. Group sales office is 593-2468.

Sunset Mele — An evening of relaxation and family fun at the Hawaii Convention Center’s free, monthly entertainment series begins at 5 p.m., with food booths, artisans and entertainment. A free screening of the Pixar hit movie “Inside Out” begins at 7 p.m. Admission is free; convention center parking is \$5. Guests are welcome to bring low beach chairs, mats and blankets.

21 / Saturday

Kolekole Walking-Hiking Trail — The trail is open, 5:30 a.m.-6:30 p.m., Nov. 21-22.

Do not park at the trail from 6:30

p.m.-5:30 a.m.; violators will be ticketed.

Armed Services YMCA Father-Daughter Dance — Tickets are on sale at ASYMCA for this special evening, 5-9 p.m., for \$60 (E5 and below) or \$80 (E6 and above); \$20 for each additional daughter. Call 624-5645.

24 / Tuesday

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel, 839-4319.

Schofield Family Night is held Wednesdays at 5:30 p.m.

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business, 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex.

The service is open to all military personnel, their family members and civilians from all military posts with base access.

25 / Wednesday

Community Information Exchange — Soldiers and spouses are

invited to attend the next CIE, 9-10:30 a.m., at the Nehelani. Learn what’s happening in U.S. Army-Hawaii and ask questions of subject matter experts.

27 / Friday

29th Islandwide Christmas Crafts & Food Expo — Three-day event at the Blaisdell Exhibition Hall begins Friday at 4 p.m. and is the largest holiday craft expo in the state, featuring more than 400 vendors. Cost is \$4, military admission, with ID.

December

4 / Friday

Wahiawa Town Christmas Parade — Sponsored by Wahiawa Community and Business Association, 6-8 p.m. This event is expected to have 300 marchers, 10 vehicles and two floats. It will start at Kaala Elementary School, to California Avenue, to North Cane Street and end at Center Street. Call 348-2238.

Honolulu First Friday — Come to see the main events between 5 and 9 p.m., and stay for the late night party at some of the trendiest, most popular spots in Honolulu every first Friday of every month. Stop by unique galleries, boutiques, cafes and restaurants that feature exciting art

exhibits and free entertainment. Visit www.firstfridayhawaii.com.

5 / Saturday

Army Music Hawaii’s Holiday Show — “Santa’s Holiday Vacation” show will be staged at 2 & 5 p.m. at Hale Koa Hotel’s Ilima Lawn, Dec. 5, featuring live music meshed with jumbotron-displayed video and live acting components.

Mayor’s Tree Lighting Ceremony/Parade — Sponsored by the City and County of Honolulu, 6-11 p.m. The event is expected to have 2,000 marchers, 40 floats and 15 vehicles. It will start at Aala Park to King Street, to Koko Head on King Street and end in the closed off portion of King Street, between Punchbowl and South streets. Call 768-6622 or email eoi@honolulu.gov.

Ongoing

Duke Kahanamoku Walking Tour — To mark the 125th anniversary of the birth of Hawaiian-American swimming legend Duke Kahanamoku, historian Steven Fredrick will host, 11 a.m., “The Duke Kahanamoku Walking Tour,” in Waikiki, on Saturdays through November. The cost is \$40 (\$30 with military ID). Reservations are required. Call 395-0674.



Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
-10:30 a.m. at MPC Annex
-11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at Wheeler Annex

Protestant Worship

•Sunday Services
-9 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-11:30 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance

Call 624-2585 for movie listings or go to aaes.com under realtime movie listing.

Schofield Barracks’

Sgt. Smith Theater

remains closed for

Directorate of

Public Works

maintenance work.

A January 2016

reopening

date for movie

viewing

is tentatively

scheduled.

Call Schofield

Exchange at

237-4502/4572.

No shows on Mondays, Tuesdays or Wednesdays.



Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

Fire officials stress safety when cooking

FIRE INSPECTOR ANGELA SANDERS
Federal Fire Department Hawaii

Did you know Thanksgiving Day is the No. 1 day of the year for home fires involving cooking equipment?

Safety in the kitchen is always important, especially on Thanksgiving Day when a lot of activity and people are in the home.

“Turkey fryers cause over \$15 million in fire damages, annually, from improper use or turkeys that are not thawed correctly,” said Prevention Chief Jeffrey Fernaays, Federal Fire Department Hawaii.

- Fryer caution**
- Turkey fryers are not recommended in high hazard areas or areas not considered to be fire safe. Follow the manufacturer’s operational safety guidelines for turkey fryers and make sure the turkey is properly thawed out prior to cooking. Never place frozen or wet turkeys in the fryer. This action will cause serious damage and is extremely dangerous.
- Follow these safety tips to have an enjoyable and fire safe Thanksgiving:
- Indoor cooking should only be done in areas that are designed for that purpose.
 - Stay in the kitchen when you are cooking on the stovetop, so you can keep an eye on the food.
 - Stay in the home when cooking your turkey and check on it frequently.
 - Keep children away from the stove. The stove will be hot, and kids should stay at least 3 feet away.
 - Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
 - Keep the floor clear, so you don’t trip over kids, toys, pocketbooks or bags.
 - Keep knives out of the reach of children.
 - Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
 - Keep matches and utility lighters out of the reach of children. Place them up high in a locked cabinet.
 - Never leave children alone in a room with a lit candle.
 - Make sure your smoke alarms are working. Test them by pushing the test button.

Hale Kula seeks to engage parents

Story and photos by
JAN IWASE
Hale Kula Elementary School
SCHOFIELD BARRACKS — Studies show that when parents are involved in their child’s education, students do better in school. Hale Kula Elementary School has made it a goal to involve parents as partners in their children’s education through a variety of activities and events.

The first “Super STEM Saturday for Girls Only!” was held Saturday at the school cafeteria. Girls and their parents were invited to participate in hands-on activities that focused on science, technology, engineering and mathematics.

The keynote speaker was Jennifer Eugenio, an engineer with the U.S. Army Corps of Engineers.

“It’s great to see so many of you girls here who are interested in STEM,” Eugenio said. “When I was in college, I was one of only four females in the engineering program.”

The girls were able to participate in a variety of activities, such as designing parachutes, building towers with spaghetti, making a water filter, creating Stop-Motion animation videos and learning about wind and water power.

Many volunteers from the community were involved in this inaugural event, including Soldiers from the 130th Engineer



A young girl works on a project at the "Super STEM Saturday for Girls Only!" at the Hale Kula Elementary School, Schofield Barracks.

Brigade, 8th Theater Sustainment Command; The Links, Inc.; and students from Leilehua High School.

“It was difficult to figure out who had the most fun – the girls, their parents or the volunteers,” shared event coordinator Yuuko Arikawa.

Celebration of art, literacy

The previous week, 200 students and family members participated in “The Big Draw,” an international celebration of drawing and literacy. Families were able to watercolor, contribute to a post-it mural, learn modern calligraphy and cartooning techniques, and just enjoy making art together.

With the theme, “Every Drawing Tells a Story,” the event was intended to build creative confidence. Judging by the proud students and parents, this activity was a success!

Parent Community Networking Center coordinator Ellen Petry shared, “It was great to see so many children and their parents creating art together. The setting was casual and everyone could move at their own pace to have fun and explore the different art stations.”

Upcoming

Other activities planned for the future at Hale Kula are a math workshop for parents, a holiday event sponsored by the Parent Teacher Organization, a Turkey Trot and Jingle Bell Run, and a STEM event for boys.

Parents have lots of opportunities to get involved at Hale Kula Elementary School.

(Note: Iwase is the principal at Hale Kula Elementary.)




A Soldier from 130th Eng. Bde., 8th TSC, helps a Hale Kula Elementary student build a structure out of K'Nex pieces.


POSTER CONTEST

DON'T BE A BYSTANDER

TAKE A STAND!

YOUTH





Contest artwork provided by Natasha Robinson, 7th Grade, and 2nd Place Middle School award competition winner. (Incorrectly identified in last week's edition.)

Adolescent Support and Counseling Service
(808) 655-9944

Sexual Harassment Assault Response & Prevention
Hawaii SHARP 24 / 7
Hotline (808) 655-9474

Suicide Prevention
Hawaii Hotline
24-hr Crisis Line: (808) 832-3100
Neighbor Islands: (800) 753-6879

Last of the litter offers life lessons

The cranberry farmer reached a calloused hand into the crate and grabbed the loose scruff of one pup’s neck.

Holding the limp 6-week old yellow Labrador retriever at eye level, the farmer grumbled, “You can take this one if you want. The rest are spoken for.”

We cradled the squishy bundle of softness and puppy breath, pretending to decide if he was the one.

He might be hyperactive. He might chew my leather boots. His tail might clear coffee tables. He might scoot his rear end across the carpet in front of company. ... But there was no going back; he was already ours.

The farmer put our deposit check into the pocket of his dingy jeans and then took out a knife. Quite matter-of-factly, he carved a swath of fur from the back of our pup’s neck, so we could identify him at pick up time. As we drove back down the long country road, we couldn’t help feeling like we were meant to rescue our puppy from the harsh realities of farm life.

As you would expect when an impossibly adorable yellow Lab puppy moves into the neighborhood, our base neighbors fell in love with the dog we named “Moby.” The 2-year old Golden Retriever next door, named Charlie, tolerated Moby’s boundless energy with the compassion of a saint, playing until they were both damp with slobber.

Summer came, and 6-month old Moby burst out the door of our military quarters in search of Charlie every day. Sometimes we would find Charlie waiting for Moby on our front porch, and other times Moby would find the door of Charlie’s house wedged open, and race inside to wreak havoc.

But then, one day in July, Charlie’s house was empty. Like several other military families in our neighborhood, our neighbors had packed up and moved away.

We realized that Moby is not a regular family pet. He is the pet of a military family, and just like military kids and military spouses, military pets must handle the challenges of a mobile lifestyle.

Our first pet was a cat. “Zuzu” was small, fat, and afraid of her own shadow, but she moved with us four times, including three long airplane flights and one six-month quarantine while we were stationed in England. She gave up the ghost at the ripe old age of 15, and we laid her to rest in a shady spot behind our old house in Virginia Beach.

Our first dog, Dinghy, wasn’t easy to transport, seeing as he was 110 pounds and almost three and a half feet tall. We nearly defaulted on our mortgage to pay for the “giant breed” crate required for flying him overseas.

When not in the cargo hold of a jumbo jet, Dinghy moved with us in the backseat of our minivan, fogging up the windows and depositing hairballs on the seats. But just like the rest of our family, Dinghy adapted to each new environment, chasing moles in Virginia, hares in Germany, crabs in Florida and rabbits in Rhode Island. After four moves, Dinghy went to the great dog park in the sky, last Thanksgiving, and there is a grave marker bearing his name in the Maine woods near the cabin we were renting.

Moby is 9 months old now. He still sniffs the empty porch next door for Charlie, eventually distracting himself with sticks, rotten apples and ratty old tennis balls.

One day, the movers will come to our house again. Moby will think they came just to play with him, and will bring them socks and squeaky toys. Then, after a scary plane ride or a long car ride, he will wonder why his bowls and bed are in a strange new kitchen.

Sometimes, I feel



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

sorry for Moby and wonder if he would’ve been better off on the cranberry farm in Massachusetts. But then, I see that Moby is serving as our family’s role model. Every morning, he steps out into the world to sniff the ever-changing breeze, blissfully ignorant, but eternally hopeful that with each rising sun comes the opportunity for new friends, new experiences and new adventure.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)



Photo by Lisa Smith Molinari

Moby the Labrador enjoys an autumn afternoon on the porch.

TAMC NICU graduates celebrate 6th annual reunion

EMILY T. YEH
Tripler Army Medical Center Public Affairs

HONOLULU — Since 2009, Tripler Army Medical Center’s (TAMC) Neonatal Intensive Care Unit (NICU) has hosted a reunion for families who have “graduated” from the TAMC NICU. These young graduates are former Tripler NICU patients who began their lives in the NICU under the care of Tripler’s dedicated staff.

Milestone recognition
Having a newborn baby should be a happy and joyful milestone for a family, but there are times when medical issues become a priority for a newborn. These times can take away some joy until the newborn is discharged from the NICU. The NICU reunions started as a way for the Tripler NICU staff to honor and keep in contact with the families of former patients.

“One of our staff sticks with a patient’s family during a newborn’s entire stay in the NICU,” said Cassandra Corbett, NICU staff nurse and reunion co-coordinator. “We experience all the highs and lows with the family during their stay, and when we see our former patients again at the annual reunion, this is when we know we made a difference.”

It is at the reunion when many former NICU families once again get to see the providers who have helped them through their time in the NICU. It is a time to celebrate and see how much the children have grown, a time for parents to highlight their child’s accomplishments.

The children and their families are extended a lifetime invitation to the annual NICU graduation.

“It is so rewarding to see the children grow and thrive,” said Corbett, with great pride. “Children and their families dress up for the Halloween-themed event. There is a costume parade, contest with prizes, games, a fun haunted house and, of course, lots of delicious food.”

The NICU graduation is a huge event for the families and the Tripler NICU staff. Families even make Oahu their vacation destination, so they can attend the reunions. There are several families that return to Hawaii as a duty station years later.

In previous years, a 7-year old graduate attended. The reunion was standing room only, with over 200 people in attendance.

The reunion celebration includes NICU Soldiers and civilians who are dedicated doctors, nurses, therapists, social workers and consultants who work in the NICU to heal patients, so they can go home to their family.

Tripler’s NICU staff members expressed pride to provide quality patient services to current and former patients. They embraced the opportunity to make someone’s life better and happier.

The reunions are a time to see the difference they have made in the life of one person. It is a true celebration of life.



Photo courtesy of Tripler Army Medical Center Public Affairs

Tripler staff and former NICU patients and their families attend the sixth annual Tripler NICU reunion celebration in Honolulu, recently. Everyone enjoyed the Halloween-themed event and had a chance to reconnect, share their accomplishments and show off their Halloween costumes.



Courtesy photo

Thanksgiving turkey preparation caution is encouraged for a healthy and safe holiday.

TAMC TIP

Holiday nutrition tips



Thanksgiving is a time of year when we come together to give thanks for the blessings in our lives, and we celebrate this with family, friends and good food – lots of it.

Thanksgiving may not be a time to “diet,” but it also should not be the time to induce DBFC, or death by food coma.

The key is to find a balance between enjoying the holiday and not overeating. The answer is to prepare foods that are flavorful and also nutritious.

- Don’t deep fry your turkey; instead, start your bird in a brine because brining ensures flavor and moisture gets distributed into the meat and keeps it moist during cooking.

- Prior to cooking, season the outside with your favorite Thanksgiving flavors and cook it over indirect heat (300-325 degrees Fahrenheit) on a grill.

Traditional side dishes call for copious amounts of fats or sugar to provide flavor (think sweet potato casserole made with butter and brown sugar topped with marshmallows).

- Cut down on the added fats by using cooking methods to your advantage. For example, high heat cooking methods cause natural sugars to caramelize, which adds flavor.

- Try cutting and tossing various root vegetables, such as parsnips, carrots, sweet potatoes, rutabaga or beets in a little oil or butter and roasting on a sheet pan in the oven at a high heat (400-425 degrees Fahrenheit) until the veggies soften and develop a brown color on the outside.

- No Thanksgiving would be complete without dessert. Consider two approaches to dessert. One, try a “lighter” recipe of a traditional favorite, or two, control the dessert proportion.

- Have a small slice or piece of your favorite treat and take small bites and savor the flavor, so it will last longer.

For more healthy tips or recipes for the holidays, contact the Nutrition Outpatient Clinic at 433-4950.

(Contributed by Capt. William Conkright, chief, Nutrition Outpatient Clinic.)